

ASSESSMENT WORKOUT

Assessing your starting point and tracking progress in a variety of areas (aside from scale metrics) can help best determine goals and a plan for achieving results.

- This workout includes a series of exercises that you'll reassess at the end of the program to see how far you've come.
- Utilize your participant packet to keep track of how many reps of each exercise you could complete, how long you could hold your plank, and how quickly you ran 1 mile today.

Exercise		Reps	Sets	Rest	Results
Squat		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Push-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Lunge		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Sit-Up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Triceps-Dip		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Plank		Hold to fatigue	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Pull-up		AMRAP in 30 sec	2	90 sec	<u>Set 1</u> <u>Set 2</u>
Cardio	Treadmill at 1% incline	1 mile	1	90 sec	

